

## How Sitting Over Time Affects the Body

If you add up all the time spent sitting for meals, breaks, commuting, relaxing, and sitting in your chair at work - the number of hours inactive in an unhealthy position can be 15 or more hours each day.

### When you First Sit Down

As soon as you sit your muscles in your legs slow their electrical activity which drops your [calories burned](#) down as low as 60 calories per hour. Compare this to walking where you could be burning up to three times that. [1]

After sitting for an entire 24 hour day glucose uptake could reduce up to 40 percent of normal levels. This can lead to type 2 diabetes. [2]

To compare calories burned sitting vs standing using your own weight, try the calculator on this page. [14]

### Week Two of Sitting

This is where the people do exercise after work will begin to notice the drop in their ability to do cardiovascular activities because their maximum oxygen consumption has dropped throughout the day.

Muscles also begin to stiffen and atrophy so it gets more difficult to climb stairs and even to do normal daily activities like walking.

## **One Year of Sitting**

Even if your job requires only 6 hours of sitting a day you are still at risk of the long-term effects of sedentary work. Including the possibility of losing up to 1% of bone mass. [4]

## **10 - 20 Years of Daily Sitting**

If you work that same 6 hour per day seated job for 10 years or more you can possibly expect to lose 7 quality adjusted life years. QALY is a calculated number used by insurance companies that does have its critics. Basically the QALY is the number of healthy years lost - not necessarily meaning early death The studies do indicate that there is an expected increase in heart disease [5] as well as breast and prostate cancers.. [21]